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The Effect of Lavender on the Symptoms of Menopause

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Background and Aim : Menopausal women population in the world will approach to one billion, which is estimated to increase by ۵۰% till ۲۰۱۵. The menopause is a natural biological process which is happened by a permanent menstruation stop due to the loss of performance. Most women experience the signs of menopause initiation in this period of their lives which manifest itself in the form of pain to intense and signs manifestation in various individuals. Current research focuses on the study of the effect of lavender aromatherapy on the effects of menopause symptoms

Methods : This double-blind cross sectional clinical carried out on ۱۰۰ menopause women (between ۴۵-۱۵۵ years old) referring to health centers in Ardabil in ۹۲-۹۳ and the samples blocked randomly, placed in two experimental (Lavender) and control (diluted milk) groups .lavender aroma smelled two times daily in a week for ۲۰ min during ۱۲ weeks by research samples . Data were collected by Green questionnaire. The analysis of data carried out by Spss ۱۶ software and T and pair-test statistical test independently.

Results : The results of study suggested that there was no significant difference between to groups according to the intensity of menopause symptoms ($p > ۰,۰۰۵$) . Comparing the level of symptoms before and after using lavender in experimental group suggests that the rate of menopause symptom has decreased significantly and this difference is significant statistically ($p = ۰/۰۰$) .The comparison of menopause symptoms means after intervening between two groups suggested that menopause symptoms in experimental group had a significant decrease rather than control group ($p = ۰/۰۰$)

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